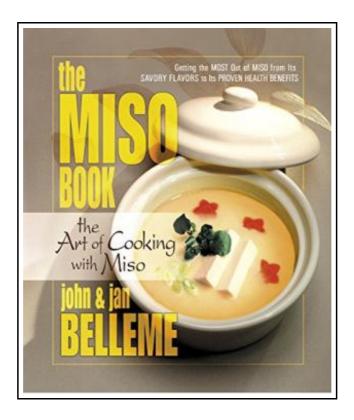
# The Miso Book: The Art of Cooking with Miso



Filesize: 8.06 MB

# **Reviews**

The ebook is straightforward in go through preferable to recognize. It typically does not charge too much. Its been designed in an exceptionally straightforward way and it is just following i finished reading this book where basically altered me, affect the way i really believe.

(Dr. Reta Murphy)

#### THE MISO BOOK: THE ART OF COOKING WITH MISO



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Square One Publishers. Paperback. Book Condition: New. Paperback. 192 pages. Dimensions: 8.8in. x 7.2in. x 0.6in.For centuries, the preparation of miso has been considered an art form in Japan. Through a time-honored process, soybeans and grains are transformed into thiswondrous food, which is both a flavorful addition to a variety of dishes and a powerful medicinal. Scientific research has supported misos use as an effective therapeutic aid in the prevention and treatment of a range of disorders. Part One of this guide begins with miso basicsits types and uses. A chapter called Miso Medicine then details this superfoods healing properties and role in maintaining good health. Easy directions for making miso at home are also found in Part One. Then Part Two presents over 140 healthy recipes in which miso is used in dips, spreads, soups, and much more. Whether you are in search of healthful foods or you simply want a delicious new take on old favorites, The Miso Book may be just what the doctor ordered. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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